

# KEEPING YOUR COOL WITH KIDS

The next time everyday pressures build up to the point where you feel overwhelmed—STOP! Try any of these simple alternatives. You'll feel better...and so will your child.

1. Press your lips together and count to 10...or better yet, to 20.
2. Close your eyes and imagine you're hearing what your child is about to hear.
3. Take a deep breath...and another. Think about what is really upsetting you. If you are still feeling angry, try to wait until you are calm to deal with the situation.
4. Give your child time to settle down. Let them know they are angry, tired or frustrated and they need a little break to calm down. They can re-start the activity once they calm down.
5. Put yourself in time out. Think about why you are angry: is it your child, or is your child simply a convenient outlet for your anger? Children often do not know if you have had a bad day or are in a bad mood about something else.
6. Phone a friend. Let them help you get through this tough and trying time. They may have you feeling better in a matter of minutes.
7. If someone can watch the children, go outside and take a walk.
8. Take a hot bath or splash cold water on your face.
9. Hug a pillow.
10. Turn on some music. Maybe even sing along.
11. Pick up a pencil and write out your anger. Look for alternate ways to think about the triggered event and write about it.
12. Speak with a counselor about your stress.